



Winnipeg, Manitoba

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sapphiresgymclub.ca

ROPESHOOPSBALLSRIBBONSCLUBS

September 2008

Competitive Newsletter

WELCOME BACK!

Hope everyone had a great summer! Welcome back to all our returning gymnasts and their families. We would also like to extend a warm welcome to our new competitive gymnasts and their families:

Anika Alfonso (level 1A), Jayzee Calingasan (level 1B), Nicole Foy (level 1B), Megan Polden (level 1B), Kate Alexander (level 2A), Angelica Buccini (level 2A), Lizzie McLarty (level 2A), Nicole Taylor (level 2A), Abby Edginton (level 3A), Celina Duncan (level 3A), Morgan Lymburner (level 3A), Brittney Newman (level 4A)

Dates to Remember:

September 11, 16, 22, 24, & 29 - IRG Registration: Lansdowne School gymnasium (715 Wiginton St.) 6pm-8pm please use playground entrance

September 15 - Competitive classes start

September 20 & 21 - Gymnastics Foundations Coaching Course (Part 1 & 2)

September 29 - IRG Classes start

October 1 - **Mandatory Competitive Parents Meeting** and used bodysuit/equipment sale at Lansdowne School. Meeting: 6:00pm-7:00pm, Bodysuit & Equipment Sale: 7:00pm-8:00pm

October 13 - Thanksgiving, no classes

October 18 & 19 - New Code of Points Review for all interested coaches & judges, Sport Manitoba: 9:00am-4:30pm

November 11 - Remembrance Day, no classes

November 16 - Provincial Coaching Seminar, Best Western Pembina & Max Bell at UofM: 8:30am-5:00pm

November 29 & 30 - Gymnastics Foundations Coaching Course (Part 3 & 4)

December 6 - Winter Display, Tec Voc High School (TBC)

December 6 - Scoring Officials Certification Course, Sport Manitoba: 10:00am-2:00pm

December 7 - Minor Officials Certification Course, Sport Manitoba: 10:00am-2:00pm

December 13 - Invitational Competition #1, Max Bell Centre at UofM

*For further dates, details and information, please visit our website at: www.sapphiresgymclub.ca



Max Bell Practices

In order to gain experience using a competition carpet, gymnasts in levels 1-4 and Novice Group are invited to train an additional one Saturday per month at Max Bell (located at the University of Manitoba). The time for these practices is 8:30am-11:00am. The schedule is as follows:

November 15th: Rebecca's Class

(Anika, Natali, Lana, Jayzee, Nicole F, Katie, Kate, Mary, Abby)

November 22nd: Carly's Class & Kira's Class

(Brittney, Emma, Vicky, Madisyn, Samantha)
(Angelica, Lizzie, Megan, Nicole T, Ariana, Celina, Morgan, Erin)

Gymnasts should ensure they bring runners with them to these practices as they will be running on a track. Dates for the new year will be distributed within the next few months. Please talk to your daughter's coach if she is unable to attend.

Birth Certificates

The following gymnasts are required to submit photocopies of their birth certificates to their coach no later than **September 29th 2008**. We are required to submit copies of birth certificates to Rhythmic Gymnastics Manitoba (RGM) for all athletes competing in the Northern Lights Cup competition, as well as the Western Regional Championships.

Camryn Hannesson, Amy Milne, Vicky Cloutis, Emma McLarty, Madisyn Pauls, Cassandra Dueck, Alessia Guzzi

DON'T FORGET...

Gymnasts should be wearing a fitted bodysuit and short tights to every practice! Fitted athletic tops and tight shorts are also acceptable. Hair must be completely pulled back (either in a ponytail or a bun). Different coaches have different rules, so please double check with your daughter's coach as to what's acceptable to wear to practice.

PARENTS:

Please respect the Sapphires "Closed Gym Policy" this includes:

- Parents, siblings & friends are NOT allowed to stay in the gym during practices.
- Refrain from talking to your daughter until she has been dismissed by her coach.
- When picking up at Max Bell, please stay OUTSIDE the track area until the coach has dismissed the gymnasts.
- Please do not approach a coach with a question when the class has already started. The coaches will make a point of coming to the doors at the beginning and end of each practice if you have any questions.

Thank you for your cooperation!

Recent Events

The **Sapphires Year-End Wind-Up** was held on June 1st, 2008 at Albright Church. It was well attended by the coaches, gymnasts, and their families. A great big **THANK YOU** to our parents and volunteers for all their help and contributions. The food was awesome, and the parents' ribbon competition was spectacular! The gymnasts were each awarded certificates for achievements as voted by their fellow gymnasts, and put on an excellent display showcasing some of the skills learned throughout the 2007 – 2008 season. The final award of the evening was presented to the **Sapphires Most Improved Gymnast**. Congratulations to this year's recipient, **Geneva Cloutis!**



Coach Tracy Sterdan with Geneva

Summer at Kildonan Park

Some of the Sapphires attended practice at Kildonan Park in August. They had fun while maintaining their skills and flexibility for the coming season. A big **THANK YOU** to Head Coach Tanya for coaching during these sessions!



Awards & Achievements

Many awards and achievements were received by our Sapphires during the Provincials competition (held May 23 - 25, 2008) and the RGM Annual General Meeting (held June 17, 2008).

Carly Isaak:



Provincial Stream Coach of the Year

Provincial Stream Senior Group Champion

Coach of 2008 Provincial Champion:

Samantha Stevenson - Level 4C

Tanya Manastersky

Provincial Stream Senior Group Champion

Coach of 2008 Provincial Champions:

Camryn Hannesson – Level 1B Individual

Amy Milne – Level 2A Individual

Zoya Kostetsky – Level 2B Individual

National Stream Pre-Novice Group of 4:

Aimee Lagimodiere, Zoya Kostetsky, Mikayla Trojan and

Haylee Valdez

Tracy Sterdan

Coach of 2008 Provincial Champions:

Provincial Stream Senior Group: Kira Burkett, Carly Isaak and Tanya Manastersky

Becky Lesiuk

Coach of 2008 Level 4C Individual Provincial Champion:

Samantha Stevenson – Level 4C Individual

Kira Burkett

Provincial Stream Senior Group Champion



Congratulations Sapphires Coaches and athletes – we are very proud of you!

Sapphires Parent Executive:

Introducing our parent executive for the
2008 – 2009 season:

Rose Cloutis	President and Special Events
Karen Trojan	Co-Treasurer
Maria Stevenson	Co-Treasurer
Janet Milne	Bingo Coordinator
Shauna Lagimodiere	Competition Registrar
Lorna McLarty	Secretary and Special Events

We are always looking for more volunteers! If you are interested in getting involved with the Sapphires Parent Executive, please contact:

Rose Cloutis @ 789-9808
or
Karen Trojan @ 586-3022

We are currently in need of volunteers for the following positions:

Fund-Raising Committee

Members-at-Large

Our next meeting is scheduled for **October 22, 2008** at 6:00 pm at Lansdowne School. Parents interested in involvement with the Sapphires Parent Executive are encouraged to attend!

REMINDER!

Don't forget to contact your coach if you will be late or absent from practice:

Tanya: 334-4041 or 226-2351 (cell)

Tracy: 284-7933 or 791-5376 (cell)

Rebecca: 586-6502 or 955-6502 (cell)

Carly: 334-4043 or 918-5906 (cell)

Kira: 339-9848 or 688-9848 (cell)

The Sapphires start a new program!

The Sapphires are happy to be offering an adult gymnastics program for the 2008-2009 season. Participants in the program are retired gymnasts and coaches from many clubs across the province. The group is coached by our very own Tracy Sterdan. A warm welcome to all participants in the adult program!

Upcoming Events

Mandatory Sapphires Parent Meeting – An excellent opportunity for Sapphires parents to meet each other and exchange information about practice, competitions, etc.

Lansdowne: Wednesday, October 1st at 6:00 pm

All Sapphires parents should plan to attend. Refreshments will be served.

Used Bodysuit and Equipment Sale – The Sapphires will be holding a used bodysuit and equipment sale immediately following the parent meeting on Wednesday, October 1st, 2008 at 7:00 pm at Lansdowne School. This is a great opportunity to purchase bodysuits and equipment at a cheaper cost than buying new. If you have any bodysuits or equipment you would like to sell, please bring them to Lansdowne on the 1st, marked with the price.

Stay tuned for information on the city-wide used bodysuit and equipment sale!

★★★Don't forget to check with your coach before buying or ordering new bodysuits or equipment! ★★★

Interested in becoming a Rhythmic Gymnastics Judge, Minor Official or Scorer???

You're in luck! Rhythmic Gymnastics Manitoba is holding seminars for people interested in becoming certified judges, minor officials, and/or scorers. Without judges, minor officials and scorers, there would be no competitions, so we need you!

Dates & Times:

December 6, 2008 Scoring Seminar, 10am-2pm
December 7, 2008 Minor Official Seminar, 10am-2pm
January 9-11, 2009 Judges Seminar

Location:

Sport Manitoba Building, 200 Main Street

Please visit the Rhythmic Gymnastics Manitoba website for further details on these and other upcoming events and competitions. The RGM website is an excellent source of information!

www.rgmanitoba.com

VISIT OFTEN! ☺

COACHES CORNER

**Tanya Manastersky – Head Coach
Coach of all National Stream gymnasts**



I am proud to say this is my 11th season coaching with the Sapphires, and my 4th season as the Head Coach of the club. This season, I look forward to working with the national stream athletes as well as assisting with the level 1-4 athletes. I am a fully certified level 3 coach through the National Coaching Certification Program, and am also a certified judge. Coaching rhythmic gymnastics has been a very rewarding experience, and something I really have a passion for. I have been an athlete in the sport for the last 15 years, and throughout my time as an athlete I have travelled to many great places including Portugal, Austria, and many destinations within Canada. When I'm not in the gym, I enjoy spending time with friends, scrap booking and card making, and I also love to travel. After some time off from school, I have returned to the University of Winnipeg this year to pursue a career in Education. I look forward to further developing relationships with returning gymnasts and families, and getting to know the new gymnasts and their families! Please feel free to contact me with any questions, comments, or concerns you may have throughout the season.

*Note, due to a course I am taking I am not able to get to the gym prior to 5:40pm on Monday's and Wednesday's. If you have a question for me, I will be available after practice on these days. My apologies for arriving late!

Watch for Sapphires Posters!

Starting shortly, coaches will be sending home posters with every gymnast advertising the upcoming Introduction to Rhythmic Gymnastics program that we are running, starting the first week in October. We ask that you approach your local grocery stores, community centres, schools, even places with bulletin boards within your community and ask if you could put up the poster, explaining you are with the Sapphires Rhythmic Gymnastics Club, a non-profit organization running programs in the area for girls ages 4 and up.

We appreciate your help!!

**Tracy Sterdan
Coach of levels 5-6 Provincial Stream gymnasts,
Junior Group & Adult Gymnastics**



I have been coaching rhythmic gymnastics for 16 years. I am proud to be an original member of the Sapphires coaching team since the club was established in 1991.

I am a former gymnast and competed as a member of Manitoba's Provincial Team in the 1990's. I am level 3 certified and have coached many different levels of rhythmic gymnastics from recreational/introductory classes to provincial team athletes. I was also the head coach of Manitoba's team representing Canada at the World Gymnaestrada in 2003 and 2007.

I work full time in a marketing position at Manitoba Hydro. Coaching proved to be an excellent part-time job while I was attending university. Now, I enjoy coaching as a hobby in my spare time.

I believe rhythmic gymnastics is an excellent opportunity for young girls to excel in sport. My goals as a coach are to:

1. Encourage participation
2. Teach children, teenagers and young adults the benefits of maintaining a physically active lifestyle; and
3. Provide an environment where friendships are created.



**Becky Lesiuk
Coach of Level 1-3 Provincial
Stream gymnasts
(Lansdowne)
And Recreational Program
Co-ordinator**

This will be my fifth year coaching with the Sapphires, and my first as co-coordinator of our recreational program. In my five years I have coached recreational classes, competitive levels 1-4 as well as assisted with the National Stream athletes. I am a fully certified level 2 coach through the National Coaching Certification Program and am hoping to soon obtain my level 3. This year I am very excited as I get to work with many new gymnasts as well as returning ones, while continuing to create a fun, encouraging but challenging class.

I have trained as an athlete for the past 8 years and have been lucky enough to win Provincial Championships, create many new friendships, as well as travel to various destinations.

I currently am in my first year at the University of Winnipeg, where I hope to pursue a career in Sports Psychology.

I am looking forward to another great year with the Sapphires!

Kira Burkett

**Coach of Level 1-4
Provincial Stream
gymnasts
(Montrose & Isaac
Brock)**



This will be my 6th year coaching Rhythmic Gymnastics and my 9th year as a gymnast at Sapphires. As a gymnast I have competed both individually and in groups. As well, I have been a member of World Gymnaestrada team in both 2003 and 2007 with the opportunity to travel to both Portugal and Austria. This year I am excited to be a part of the Sapphires adult gymnastics group. I am thrilled to be coaching levels 1-4 and am anticipating a really fun year. I love to see the dedication and creativity that all the gymnasts bring to the sport. Besides coaching, I am working on a degree in political science at the University of Winnipeg. I also work part time as a waitress and in my free time I enjoy dancing, playing music, and snowboarding.

Carly Isaak

**Coach of level 4 & Novice
Group Provincial Stream
gymnasts**



**And Recreational Program
Co-ordinator**

I am excited to begin my fifth year of coaching with the Sapphires, and my third year working with competitive athletes. I am looking forward to my first year as Recreational Program Co-Coordinator. I am currently attending the University of Winnipeg. In my spare time I enjoy running, baking, and spending time with friends. I have been an athlete in the Sapphires for ten years. Those years taught me to live actively, to have fun, and to have confidence in myself. I hope to give my athletes the chance to have as great an experience in this sport as I myself have. I am looking forward to helping my athletes learn new skills, achieve personal goals, make friends, and have lots of fun! I am anticipating an exciting year for myself as well as all of the gymnasts and I look forward to getting to know all of you.

HAPPY BIRTHDAY!!



The following gymnasts celebrated birthday's over the summer months:

- MAY:** 23rd- Jayzee Calingasan turned 6
23rd- Camryn Hannesson turned 8
- JUNE:** 23rd- Katie Trojan turned 7
25th- Ozana Martin Quesada turned 12
30th- Samantha Stevenson turned 11
- JULY:** 23rd- Morgan Lymburner turned 9
23rd- Ariana Buccini turned 10
26th- Kate Alexander turned 8
26th- Brittney Newman turned 10
- AUGUST:** 1st- Nicole Foy turned 6
5th- Cassandra Dueck turned 15
14th- Mikayla Trojan turned 10
16th- Nicole Taylor turned 8
25th- Mary Sheingart turned 8
28th- Haylee Valdez turned 10
29th- Keli Bergen turned 12

The following gymnasts will be celebrating their birthdays this month:

- SEPTEMBER:** 17th- Madisyn Pauls turns 11
22nd- Kira Burkett turns 19

Volunteer Appreciation

The Sapphires Rhythmic Gymnastics Club is very proud of our parent volunteers. Many of our parents become actively involved in the club, from filling various positions on the board, to assisting the coaches with paperwork and newsletters, scoring, judging, and helping out at various competitions and displays.

Each year, Rhythmic Gymnastics Manitoba honours club volunteers with special awards, presented at the Annual General Meeting held in June. Our recipients for the 2007 – 2008 season were Maria Stevenson and Karen Trojan. In addition, Karen was also awarded the Irene Okano Volunteer of the Year Award! Congratulations Maria and Karen! To read more about these awesome volunteers and other awards, visit the RGM website:

www.rgmanitoba.com



Maria Stevenson



*Karen Trojan
(with RGM President Raymond Chu)*

To all of our Sapphires parents, for all that you do,

♥ Thank You ♥